



Vol. 46, No. 21 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, June 10, 2005

3 News Wing commander shares his vision
4 Commentary Safety: not a laughing matter
5 Feature Reaching for the stars

Samurai, Kensei warriors help JASDF deployment

Teamwork, dedication to mission pays

CHITOSE AIR BASE, Japan – Two Kensei and two Samurai warriors put some elbow grease into helping their Japanese counterparts begin exercise Cooperative Cope Thunder 2005 recently.

The Airmen spent seven days on Japan's north island of Hokkaido assisting with pre-deployment packing.

The team helped Japan Air Self-Defense Forces inspect and load more than 37 short-tons of hazardous materials, aircraft support equipment and rolling stock for airlift, said 1st Lt. Benjamin Beadles, team chief for the assignment. He is also the chief of exercises and non-combatant evacuation operations at 605th Air Support Squadron.

Master Sgt. Frank Tuck, 605th ASUS, and Senior Airman Merrill Slepica, 374th Logistics Readiness Squadron, performed inspections on the cargo and its packaging with JASDF airmen and augmentees. Civilians from Japan Air Services also helped the joint team complete the inspections to ensure safe operations, said Lieutenant Beadles.

Staff Sgt. Jonnedi Paule, 374th LRS, inspected the hazardous cargo and aided JASDF personnel in correcting discrepancies.

The cargo was then loaded onto a contracted DC-10 bound for Eielson Air Force Base, Alaska to support Cope Thunder. The joint efforts paid off in an on-time departure and the mission accomplished, said the lieutenant.

Maj. Tetsuhiro Murakami, 2nd Wing Chief of Supply at Chitose AB and officer-in-charge of the JASDF deployment, said he praised the professionalism and dedication of the Yokota Airmen, contributing directly to the success of the deployment.

"When two friends work together this closely, they can accomplish anything," said Major Murakami.

Lieutenant Beadles said he was also impressed by their counterparts' work ethic and job knowledge especially since the JASDF deployment team was mostly augmentees from other specialty areas.

"They maintained their normal workload while supporting the deployment," he explained. "The positive interaction of Air Force and JASDF personnel continues to strengthen the already solid partnership between two forces."

(Information provided by 605th Air Support Squadron)

Would you like fries with that?



photo by Mark Allen and Kerry Raftis

(Right) Lt. Col. Leslie Dixon, 374th Medical Support Squadron commander, shows fellow squadron member Capt. Eric Sorenson how to properly use a grog bowl during the 374th Medical Group dining-out Saturday. The event is a traditional military custom that includes a specific set of rules that must be followed or dining-out participants face the grog bowl. The grog bowl is a mixture of different beverages and food not known for being gourmet in taste.

Air Force officials: force protection to be improved

More ground combat skills, intelligence gathering to come

By Staff Sgt. Chyenne A. Griffin
 Combined Air Operations Center
 Public Affairs

SOUTHWEST ASIA (AFPN) – Protecting military people or equipment is not a new thing in the Air Force, but the way it is being done is.

More and more emphasis is being placed on how the Air Force does force protection business and the effects are being seen at home bases servicewide and the U.S. Central Command's area of re-

sponsibility, said Air Force officials recently.

"We're facing a huge mindset change Air Force-wide," said Col. Brad Spacy, Central Command Air Forces force protection director.

"It's a cultural change Air Force-wide to an expeditionary mindset ... and the expeditionary mindset is all about everything we do.

"Security forces and (Office of Special Investigations agents) have had a piece of this puzzle for quite some time

now," the colonel said.

"We're now trying to spread that knowledge out across the service and give everyone a piece of the bigger picture," he explained.

The three top issues on Colonel Spacy's plate are base defense, force protection intelligence and foreign worker management, he said.

Base defense changes include a push for more ground combat skills training for Airmen who are most likely to see ground combat.

Airmen who take the training should take it seriously, and for those who do not receive it, Colonel Spacy said to try and get it.

Force protection intelligence has a movement under way toward "predictive analysis" – taking information received on a global level and applying it to the lowest level at individual bases.

Airmen have been active gatherers of information for quite some time, but more training is needed to properly analyze and use that information to predict a future threat, Colonel Spacy said.

"We can talk all day long about the day-to-day threats out there and collect information on what's happened so far and how we should protect our local assets," he said.

"But by receiving and piec-

ing together information on a more connected level, we can predict a possible car bomb ... and provide more pinpointed security to protect against that attack."

A new system is also under review to manage local employees and foreign workers who work daily on Air Force installations. Management of these assets is a big force protection concern, Colonel Spacy said.

"We're working hard to push this change," he said.

"Normal force protection issues turn into real deaths ... you really might actually use that gun. It's real now; this is the difference between life and death for you and others."

Base staff sergeant jailed for possession of child pornography

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

A general court-martial panel found a Yokota staff sergeant guilty of wrongful possession of child pornography during a trial that ended here May 31.

Staff Sgt. John Lazard, 374th Aircraft Maintenance Squadron, was given a dishonorable discharge, 18 months in prison, and reduction to the rank of E-1.

"Unfortunately, the internet affords people access to photographs of young children who have been victimized by sexual abuse. Viewing such images is a crime that will be vigorously prosecuted in the Air Force," said Lt. Col. Ronald Ratton, 374th Airlift Wing Staff Judge Advocate. "Capt. Ryan Lambrecht, the prosecutor in this case, did a terrific job in advocating for a stern sentence that appropriately punished the accused and sent a strong deterrent message."

Sergeant Lazard's misconduct was discovered when a federal task force identified several websites containing child pornography. The task force consisted of five different federal agencies, which also worked together with the governments of France, Spain and Belarus. Federal agents seized the business records of multiple websites and discovered that Sergeant Lazard had used his credit card to purchase a membership to one of the investigated websites.

The federal task force then forwarded this information to the Air Force Office of Special Investigations detachment here.

AFOSI then arrested Lazard and seized his home computer. After a detailed computer analysis, the government learned that the sergeant had stored 300 images of child pornography among over 30,000 other sexually explicit files on his home computer.



photo by Airman 1st Class JoAnn White

Qualified?

Airmen get qualified on the M-16 during a training class held by the 374th Security Forces Squadron. The Airmen are in Mission-Oriented Protective Posture 4, which includes all chemical gear and gas mask. The squadron conducts qualification training regularly to meet the needs of the base Airmen.

'Code Adam' hits base exchanges

CAMP FOSTER, Japan – It's a scenario every parent fears.

While at a store shopping, a mother or father realizes that their child has disappeared.

The Army and Air Force Exchange Service has a new program.

The Code Adam Alert program unites AAFES with the National Center for Missing and Exploited children in a program designed to help locate lost or missing children in stores as quickly as possible.

According to Keith Boettiger, Chief of Loss Prevention, Pacific Region, while AAFES has always been quick to help locate lost children, this program gives associates

specific duties and prevents duplication of efforts.

All Pacific region associates receive training and practical hands-on exercises. Once 100 percent of associates are trained the program is implemented.

When an AAFES shopper realizes their child is missing, they should immediately go to any associate on the sales floor.

The associate will ask for the child's age, height, clothing, weight, and hair and eye color. The associate will make an announcement over the post or base exchange's public address system and all associates, except cashiers,

will begin searching the store for the child.

Some associates will watch front and rear doors, and check restrooms to ensure areas are monitored.

If the child is not found in ten minutes, the military police will be called. Even after the police have been called, however, the search will continue.

"Code Adam" is named for six-year-old Adam Walsh, who in 1981 was kidnapped from a Florida shopping mall and murdered.

(Information provided by the Army and Air Force Exchange Service)

BRAC changes to medicine focus on care, training, research: WASHINGTON –

Airmen bound for a career in the Air Force Medical Service will start off by training in a joint environment if all Base Realignment and Closure recommendations are approved.

The changes will not completely homogenize training for enlisted medical specialists, but they will allow all the services to share resources, said the chairman for the medical joint cross service group for BRAC 2005.

"The recommendation is to move all Air Force medical training out of Sheppard Air Force Base, Texas, to Fort Sam Houston, Texas," said Air Force Surgeon General Lt. Gen. (Dr.) George Peach Taylor Jr. "That's where the Army school house is."

Part of that recommendation is Navy officials also move their enlisted medical training to San Antonio.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

New launch date projected for new civilian personnel system: WASHINGTON (AFP) – The first phase of the Defense Department's new National Security Personnel System has been adjusted slightly, to later in the fiscal year, NSPS officials said.

The Defense Department will work with the Office of Personnel Management to adjust the proposed NSPS regulation based on public comments and the meet-and-confer process with employee representatives, said officials.

These revisions will be published this summer, and implementation of NSPS could begin 30 days after the publication. The start date is "event driven" and implementing instructions must be in place and training must be under way before the system gets rolled out.

(AFP) – After decades of Airmen updating emergency contact information in their personnel records, everyone is now required to update the information online rather than visiting military personnel flights.

Effective immediately, personnel flight officials are no longer required to print and file a paper copy of the Virtual Record of Emergency Data form in each Airman's personnel records, officials said.

The paperless form provides the Air Force with information needed to contact family members if an Airman suffers a serious illness or injury, or dies while on active duty.

Visit www.afpc.randolph.af.mil/vs/ to log into vMPF or to establish an account.

Paperless transition of emergency data cards complete: RANDOLPH AIR FORCE BASE, Texas

AD

New commander shares view of Samurai future

Colonel aspires to have best base in AF through taking care of mission, people

By Capt David Westover
374th Airlift Wing Public Affairs

Col. Scott Goodwin wasted no time this week to meet with the key leaders of the 374th Airlift Wing and the base tenant units.

The new wing commander shared his vision and expectations while also gathering his first impressions of the base and living in Japan.

"I'm absolutely thrilled to have the opportunity to lead this tremendous wing," said Colonel Goodwin.

"Everybody I've met so far is enthusiastic and extremely professional," he said. "The wing's record is nothing short of outstanding, and it's a great feeling to be here – to be a part of the Samurai family."

Colonel Goodwin said his goal as the wing's top Airman reflects the desires of the Airmen below him.

"My vision is quite simple and it's what the men and women of Yokota Air Base deserve," he said. "And that's to be the best base in the Air Force."

The commander said he will focus on three priorities to accomplish that goal.

"Number one is the mission," said Colonel Goodwin. "We need to make

sure we're taking care of the tasks we're given from our higher headquarters."

He explained that the wing's forward presence and regular interaction with the Japanese Self-Defense Forces is critical to the wing's mission success.

The colonel also highlighted the importance of taking care of people.

"We need to make sure we're doing everything we can possibly do, personally and professionally, to ensure that we're taking care of all Yokota people – military members, civilians and our families," he explained.

Colonel Goodwin's third top priority focuses on the community.

"We need to make sure we're good neighbors and good allies with our gracious Japanese partners," he said. "I want to maintain the outstanding community ties that we have with our Japanese neighbors."

The commander said his first impressions have been more than positive.

"This is a terrific base with a lot of people doing a lot of great things on a day-to-day basis," he said. "And I hope to fulfill my role, which is to allow our men and women to continue doing just that."

His impression of Japan is also bright.



photo by 1st Lt. Ben Alumbaugh

Col. Scott Goodwin, 374th Airlift Wing commander, meets and greets Tech. Sgt. James Ray, 374th Maintenance Operations Squadron, during a visit to the 374th Operations Group building Tuesday. Col. Goodwin said he and his family look forward to their new assignment here. The colonel took command of the wing June 1.

"My first impressions of Japan are very positive," said Colonel Goodwin. "This is a beautiful country with a rich history and wonderful people that I look forward to getting to know."

Colonel Goodwin said the Air Force has always been a part of his life.

"I grew up in the Air Force and we traveled all over the world," he said. "My father retired as a senior master sergeant, so I've been Air Force-blue since the day I was born."

He and his wife, Ann, have been married for 22 years. "She has followed me all around the world and has supported me every step of the way."

"We have two daughters that are also excited about being here in Japan – and adding a new country to their passport."

The colonel said that he and his family couldn't be happier with the assignment to the wing.

"We're excited beyond belief to have the opportunity to live and work here."

AD

Safety: not laughing matter

Sergeant, office share stories that inspire risk management

By Staff Sgt. Don Branum
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. (AFPN) – Our office had a safety briefing with a different flavor before the Memorial Day weekend.

Every other safety or operational risk management briefing I have sat through since I enlisted six years ago was vanilla: “Don’t drink and drive. Only drive eight hours per day. Make sure you have whatever safety equipment you need for outdoor activities. See you next week.”

This briefing was a sundae instead. Each of us had to relate a story about something we had done that might not have happened if we had thought about it before doing it – simple risk management.

One of my co-workers related a story of taking an impromptu trip to do some mountain climbing. Since it was

on such short notice, he didn’t bother taking any gear with him and didn’t do research into the area where he would be climbing. Five hours into the climb, he found himself on an almost nonexistent ledge with a sharp wind pushing up at his feet.

“That was not a smart position to be in,” he told us.

He had given himself no choice. He either would have to press on or turn around and make a five-hour climb back to his starting point.

My own story was about fatigued driving. I was a member of the honor guard at my last base and was responsible for driving the other 11 people in our funeral detail to and from the ceremony. We had finished the detail and were on our way back. Most of the people in the back of the van were asleep, exhausted from wearing service dress uniforms in the scorching heat and oppressive humidity.

I was just as exhausted, but too proud to admit it or ask for someone else to drive. The van began to drift toward the right side of the road the second or third time my eyes drooped. We all were extremely lucky I woke up when the front right tire scraped along the side of the pavement.

The most sobering story came from the next person in our circle, who told us about a kayaking trip he took on his 21st birthday. Again, the notice was short, and he didn’t give himself time to prepare. The river got choppy shortly after he and his friends began their adventure, and his kayak flipped. Rolling over on a kayak is a common occurrence, but he was not adequately trained to recover. After three failed attempts to right himself, he reached for the pull cord to get out of his kayak.

The pull cord was nowhere to be found. In his haste to prepare for the trip, he had tucked the cord inside the rubber skirt of his kayak.

“At the time, I thought, ‘that’s it, I’m dead,’” he said.

He had been submerged for

about 45 seconds.

He changed his mind a few seconds later and tore frantically at the kayak’s skirt to free himself. After struggling for several more seconds, he pulled himself out and swam to safety.

We each shared our own harrowing tale. As we listened, we took notes about what we thought contributed to each person’s situation. We chuckled as we scribbled down “foolhardiness,” “lack of training” or “lack of preparation.”

Even as we laughed, though, we learned. Our group was small, but we each had a story that could have ended tragically.

The most important lesson I came away with is this: if you do not determine the consequences of your decision before you make it, you’ll be lucky to survive the experience. Risk management has to be more than a dusty copy of an Air Force instruction. It has to be more than an annual training requirement. It must be a constant and conscious method you use to make decisions.

It is better to be smart than lucky. Be prepared: know your limits, know your surroundings and be safe.

Embrace change to help Air Force mission

By Maj. Kevin Payne
435th Communications Squadron

RAMSTEIN AIR BASE, Germany (AFPN) – We’ve all heard the saying, “The only thing constant is change.”

Despite the fact that change is always occurring around us, some people don’t like change and often resist it as much as possible.

Resistance can easily evolve into negative behavior that affects performance. Even worse, negative behavior can become contagious and spread through a unit, affecting co-workers.

Adapting to change is essential for a unit to maintain high morale and to effectively accomplish the mission.

When I entered the Air Force in 1992 after the Cold War ended, a massive military

manpower reduction was under way and large reorganizations were taking place. Thirteen years later, we easily can see that those changes to our force structure were necessary.

For example, integrating the Strategic Air Command and Tactical Air Command into the Air Combat Command was a smart move to better integrate combat operations. During that transition, however, there were many skeptics and a lot of uncertainty.

Unfortunately, it is hard to always embrace organizational change while it is occurring because most of us don’t want to modify our work environment.

But, change happens. The Air Force must change the way it organizes, trains and equips its Airmen in order to adapt to changing threats, political climate and technology. Unit reorganizations, force

shaping and base closures may appear negative at first but, given time, the benefits shine through.

We must not only adapt quickly when a change occurs but also learn to see it coming. This is why companies that foresee the changing economic market and respond to it succeed, whereas companies that refuse to change ultimately fail.

The Air Force and major commands will continue to reorganize in order to better accomplish the mission. We need to look at the overall benefits that the change brings and do our part to ensure its implementation occurs as seamlessly as possible.

Embrace change with a positive attitude. Working together as a cohesive team will ensure our continued success as the world leader in air and space power.



Published by Eight Co., Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 374th Airlift Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military service. Contents of the Fuji Flyer are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Eight Co., Ltd. of the products advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, martial status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. All photographs used in the Fuji Flyer are official Air Force photographs, unless otherwise indicated.

How to reach us

Editorial content is prepared by the 374th Airlift Wing Public Affairs Office, Bldg. 315, Yokota Air Base, Japan.

Phone: 225-8833

Fax: 225-4867

Mail to: 374 AW/PA, Unit 5078, APO AP 96326-5078 or send to: fuji.flyer@yokota.af.mil

Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

Editorial staff

Col. Scott Goodwin

374th Airlift Wing commander

Capt. David Westover

Chief, Public Affairs

Capt. Warren Comer

Deputy Chief, Public Affairs

1st Lt. Ben Alumbaugh

Chief, Plans and Operations

Staff Sgt. Karen J. Tomasik

Chief, Internal Information

Airman 1st Class

Katie Thomas

Editor

Eight Co., Ltd.

Publisher

DUI Prevention

June 1 – June 7	0
Total DUIs in June	0
Total in 2005	5

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Action Line

E-mail: Action.lines@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.



Col. Scott Goodwin
374th Airlift Wing commander

Reaching for the sky

How the base community is making a big difference in the lives of special needs children



photo by Master Sgt. Val Gempis

Base community members cheer on athletes at the annual Kanto Plain Special Olympics held here May 7 and 8. Hundreds volunteered to show their support and help.

By Airman 1st Class Katie Thomas
Editor

Though they may be few in number, special needs children have seen the Yokota community go out of its way to provide help and encouragement to them.

From the base schools, medical facilities and throughout the community's day-in and day-out activities, families have given the military environment rave reviews for its progressive approach and acceptance of special needs.

"The community has just been so supportive, right down to the library and commissary staffs," said Mary Labdon. Her son, DJ, is autistic, and he has made significant growth because of the positive and accepting environment here, she said.

"The [Department of Defense Dependents'] Schools have really helped by letting him be a part of a regular classroom but he still does take special needs classes to help him in specific areas," she explained.

Mark and Molly Miller said that they have seen the same kind of support for their autistic daughter, Erica.

"The class she is in right now has really taken her underneath their wing," said Mrs. Miller, who is a teacher at Yokota East Elementary School. Erica was recently invited to her first sleepover and has become a more active speaker since joining the classroom.

The schools provide numerous services and support along with the base hospital and the Navy's Educational and Developmental Intervention Services (EDIS) here.

David Cantrell, special education and

pupil personnel services representative with the DOD Education Activities for the Japan district, said base schools help by taking a diverse approach to teaching and evaluating each child's needs.

"It is different for each child because there is such a wide spectrum of special needs," Mr. Cantrell explained. Teachers are trained to focus in on developing emotional areas and encouraging children to express themselves, he said.

"We have seen much progress in our children with these techniques and we continue to look for new ways to continue the growth," said Mr. Cantrell.

Both the Labdons and Millers said they encouraged fellow parents ask questions.

"Parents think that there is a stigmatism attached to having a child with a special need,

but there truly isn't," explained Mrs. Miller. "It is when you ignore a possible special need that there are serious, negative effects on a person's career and life because a child isn't getting the care and attention that they need."

The Millers said they are also beginning a support group for parents with special needs children. "We want to make it a place for parents to exchange information and ideas, and we will see where it goes from there according to the needs of the people who attend," said Mr. Miller.

Community members interested in the support group can contact the Millers at amcmiller@aol.com.

Parents can contact EDIS at 225-9993 for questions concerning children from birth to age three. They can also contact the base hospital or the base schools.

AD

Off base

Hana Shobu Festival: More than 216 types of 100,000 Hana Shobu (Japanese Iris) are blooming at Shobu park in Ome City. The park is open from 9 a.m. to 5 p.m. and admission is 200 yen. The park is a 15-minute walk from the Higashi-Ome station.

On base

Movies

Today – *Fever Pitch*, PG-13, 7 p.m.; *The Longest Yard*, PG-13, 9:30 p.m.

Saturday – *The Longest Yard*, PG-13, 2 p.m.; *Fever Pitch*, PG-13, 7 p.m.; *The Upside of Anger*, R, 9:30 p.m. (adult-only showing)

Sunday – *Fever Pitch*, PG-13, 2 p.m.; *The Upside of Anger*, R, 7 p.m.

Monday – *The Longest Yard*, PG-13, 7 p.m.

Tuesday – *The Upside of Anger*, R, 7 p.m..

Wednesday – *The Longest Yard*, PG-13, 7 p.m.

Thursday – *Fever Pitch*, R, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Closure

The housing flight offices will be closed June 24 for an official function and will open at 7:30 a.m. June 27. Call 225-8636.

Education

An adult education Japanese conversation course will be held July 5 through Sept. 6. Military registration begins Monday and civilian registration June 20. Call 225-7337.

Publicity

Private organizations and base units can advertise their activities by sending an e-mail to afn.publicity@yokota.af.mil or yokota.bulletin@yokota.af.mil.

Arts Program

The Vivace Performing Arts Program* is accepting applications

for its summer session. Students can take classes in music, dance, and drama and participate in weekly performance. There are three weekly sessions starting June 20. Register at the Yokota library on June 15 at 7 p.m. or e-mail info@vivacejapan.org.

Shrine sale

The 374th Services Division is hosting its monthly shrine sale at the Yujo Recreation Center Saturday from 9 a.m. to 3 p.m.

Yard inspections

Military family housing is inspected weekly to ensure compliance with Air Force housing standards. Residents should consult 374 AWPAM 32-8 or call 225-9099.

Meeting

The Filipino Association* meets every third Saturday of the month at the Traditional Chapel beginning at 6 p.m.

AFN Salutes

American Forces News is looking for award-winning troops and civilian employees to recognize during "AFN Salutes" spots. Send awardee information to AFN.eagle810@yokota.af.mil.

Book club

The base library is holding a book club meeting Tuesday at 7 p.m. The featured selection is "Home Fires Burning: Married to the Military for Better or Worse." Call 225-7490.

Youth Lock-in

The base youth centers are hosting an lock-in at the Taiyo Recreation Center June 18 and 19. Call 225-7422 or 225-6397.

Volunteers needed

Youth Right Start is looking for volunteers to help welcome new students beginning June 29 through August 3 from 9 a.m. to 1 p.m. Call 225-3438 or e-mail lee.andersen@yokota.af.mil.

The Protestant Women of the

Chapel is seeking volunteers to help with a children's ministry during its summer Bible study. E-mail cheryl@yk21170.americablejapan.com or call 227-8524.

Donations

The Yokota Middle School is collecting items to create care packages for deployed troops. Drop off items such as books, DVDs, phone cards and more at the YMS school office or call 225-9671.

Chapel events

The Protestant Singles of the Chapel host a dinner and Bible study every Tuesday beginning at 5:30 p.m. behind the Traditional Chapel. The group also hosts a fellowship night every Friday beginning at 7 p.m. behind the Traditional Chapel. Call 225-7009.

The Protestant Women of the Chapel is beginning a new Bible study Thursday from 10 to 11:30 a.m. at the Traditional Chapel. Call 227-8524.

Chapel Schedule

Traditional (West) Chapel

Catholic: Reconciliation, Sundays at 8:45 a.m., 4:45 p.m. and by appointment. Mass, Sundays at 9:15 a.m., 5 p.m.; Mondays through Thursdays, 11:30 a.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Other faiths: Baha'i, Tuesdays at 7 p.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Other faiths: Seventh Day Adventist, second and fourth Saturdays of the month at 9 a.m.; Islam, Fridays at noon. Call 225-7009.

PO disclaimer

An asterisk (*) denotes a private organization. All POs and PO activities are not endorsed by or affiliated with the U.S. Government, the Department of Defense, or the Department of the Air Force.

Samurai Warrior



of the Week



Hiroshi Kimura

Hiroshi Kimura, 374th Logistics Readiness Squadron, is this week's Samurai Warrior of the Week for exhibiting the qualities of sympathy toward all people, sincerity and respect for one's word of honor, and absolute loyalty to one's superior.

Mr. Kimura is the vehicle management Japanese national foreman for the 374th Logistics Readiness Squadron.

He expertly led 47 local nationals in maintaining 1,123 vehicles worth \$75 million, resulting in a 93 percent in-commission rate.

Mr. Kimura persistently ensured assigned personnel adhered to stringent industrial safety and environmental procedures, capturing zero major mishaps or write-ups.

Kensei Warrior



of the Week



Capt. Robert Crable

Capt. Robert Crable, 605th Air Support Squadron is this week's Kensei Warrior of the Week for exhibiting Essential Attitudes of the Way is in training, developing intuitive judgment and understanding of everything, do nothing which is of no use, and perceiving those things which cannot be seen.

Capt Crable, a Logistics Readiness Officer, successfully deployed the Japan Air Self Defense Force's six F-15 XXXXXs, 150 personnel, and 70 tons of cargo, to Eielson Air Force Base, Alaska for participation in Exercise Cope Thunder.

He accomplished this while simultaneously performing initial planning for the upcoming Keen Edge exercise.

AD

“Quotes” & Things

“I want to gain 1,500 or 2,000 yards, whichever comes first.”

George Rogers,
on his season goal

Ekiden: The 21st Annual Yokota Striders* Ekiden Relay Race is scheduled for June 19 throughout the main base area near the Yokota High School. Drivers should expect traffic closures and delays around the main base area during the race.

Softball: The Yokota mens’ and womens’ softball teams will be playing at Wilkins Field Saturday and Sunday. A rally for the teams will be held June 11 at 10 a.m. at the field. Call 225-8881.

Baseball: The Yokota Thunder Baseball Club is recruiting players for the 2005 season. E-mail mohrvictor@yahoo.com.

Youth registration: Flag football and cheerleading registration ends Wednesday at the East Youth Center. Call 225-7021.

Natatorium: The indoor pool will be closed June 23 for water survival training.

Tournament: Route 56* is hosting a five-man softball tournament and homerun derby June 18 and 19 at Wilkins Field beginning at 8 a.m. The cost is \$50 per team and \$5 for the derby. Call 225-4034.

5K race: The 374th Services Division is hosting a Summer Solstice 5K June 24 at Yokota Field. Call 225-6133.

Sports coverage: Send upcoming sports events information to fuji.flyer@yokota.af.mil or call 225-8833.



photo by Senior Airman Edward Drew

Eye on the prize

Airmen of the 374th Maintenance Squadron enjoy a game of softball during the squadron’s annual sports day Friday at Snyder Field. Airmen, Japanese employees and civilians had their hand at volleyball, football, softball, horseshoes and basketball. A barbecue topped off the day’s events. “You work hard, you play hard,” said Maj. Trevor Gray, squadron commander. He said the annual festivities also build teamwork and give the squadron an opportunity to relax and share in camaraderie and fun.

Men’s health takes front seat

National observance focuses on prevention, seeking treatments

The average male takes better care of his car than his body.

Half of men over age 50 don’t know the warning signs of prostate or colorectal cancer, and few men practice regular testicular self-exams.

Many say they are too embarrassed to discuss these issues with their health care provider. It should not be surprising then that, on average, men die six years earlier than women.

National Men’s Health Week is celebrated every year June 9 through 13. It was established by Congress in 1994 with the purpose of heightening awareness of preventable health problems and encouraging early detection and treatment of disease among men

and boys. It is celebrated each year during the week leading up to and including Father’s Day.

Men and their families are encouraged to increase their awareness of the importance of a healthy lifestyle.

Do you ...
 ✓ smoke or chew tobacco?
 ✓ drink more than 2 alcoholic beverages a day?
 ✓ exercise less than 3 times a week?
 ✓ rarely get more than 6 hours of sleep a day?
 ✓ eat fruit and leafy green vegetables twice a week at most?
 ✓ eat at fast food restaurants 2 or more times a week?
 ✓ avoid regular check-ups with your provider?

✓ feel more stress lately from your job or personal life?

✓ tend to keep problems to yourself rather than discuss with friends or family?

✓ are you 20 percent or more overweight?

If you answered yes to three or more of these questions, it may be time for a new game plan.

The good news is that eating a healthy diet and exercising regularly allows you to practice preventive medicine every day.

Research consistently shows that 30 minutes of moderate, non-stop exercise – even something as simple as a brisk walk four or five days a week – can have substantial benefits. Men who participate in regular, aerobic exercise are significantly less likely to die prematurely from heart disease than those who are sedentary.

To control weight, feel better, and dodge serious diseases, start

with these simple steps that have potentially big pay-offs:

⇒ Learn the risk factors and warning signs of the most common and serious medical problems for men.

⇒ Find ways to relieve stress, other than with alcohol or over-eating.

⇒ Lose excess weight through a moderate diet and increased physical activity.

⇒ Quit smoking.

⇒ Limit meats to seven ounces a day.

⇒ Drink two quarts of water a day.

⇒ Snack on fruit and raw vegetables – eating more whole foods could be the easiest and most positive way for men to fight cancer and heart disease

For more healthy tips, contact the Health and Wellness Center or your health care provider.

(Provided by the base Health and Wellness Center)

AD